

Bob's Electrical Shock

Problem Booklet

Instructions

Read the problem described on the next page. Then answer the 8 questions. Do them one at a time. Don't jump ahead, but you may look back to earlier questions, earlier figures, and your answers. Some questions tell you to select as many answers as you think are correct. Other questions ask you to select only one answer unless you are told to "Try Again!" Follow the directions for each question.

After you have selected your choice to a question, look up the number for that choice on the answer sheet. Rub the developing pen between the brackets for that choice. A hidden message will appear that tells you if the choice is correct and provides you with additional information. When you finish you will learn how to score your performance.

Bob's Electrical Shock Exercise

Background

You and Bob are at the face about 400 feet from the power box.

The other miners are eating lunch at the dinner hole, next to the power box.

You are alone.

You are not trained in CPR.

You are trained to give artificial respiration.

Problem

You are working as a general inside laborer in 53-inch coal. Your buddy, Bob Hall, is sitting on the floor of the mine, leaning against the boom of a roof bolter. As you approach you see him begin jerking convulsively and the lights of the bolter go out.

After studying Figure 1 turn the page and answer the first question.

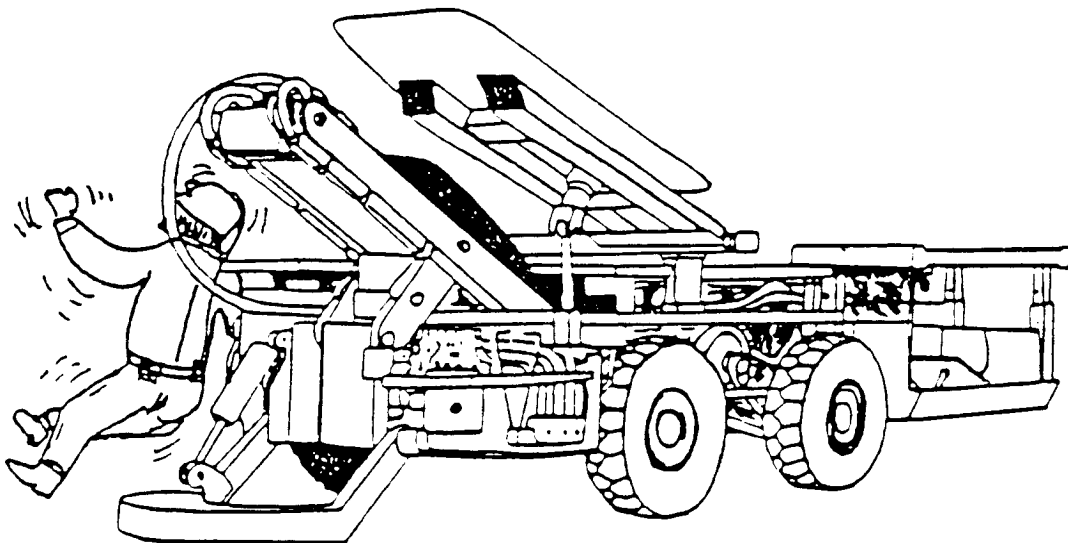


Figure 1: Bob Hall begins jerking convulsively as bolter lights go out

Question A

In this situation the first thing you should do is to: (Choose only ONE unless you are told to "Try again!")

1. Knock the power at the power box.
2. Find the nearest EMT.
3. Move Bob away from the boom using a dry lamp cord (or other non-conductor).
4. Put a folded handkerchief between Bob's teeth.
5. Take Bob's pulse at the wrist.

Question B

Bob is now lying on the mine floor away from the boom. He doesn't respond to voice or shaking. You shout for help, position Bob on his back, clear his mouth, and open his airway. You should now check for the presence of: (Choose only ONE unless you are told to "Try again!")

- 6. Abnormal skin color.
- 7. Breathing.
- 8. A medical alert bracelet.
- 9. Pupil dilation.
- 10. "Swallowed" tongue.

Question C

After checking the victim and finding no breathing the first thing to do would be:
(Choose only ONE unless you are told to "Try again!")

- 11. Begin cardiac compressions.
- 12. Find the nearest EMT.
- 13. Give two breaths mouth-to-mouth.
- 14. Slap Bob's face several times.

Question D

You are attempting to give Bob a breath using the mouth-to-mouth method but even though you generate high pressure his chest does not rise. The first thing you should do now is: (Choose only ONE unless you are told to "Try again!")

- 15. Clear Bob's mouth using a finger sweep maneuver.
- 16. Reposition Bob's head by lifting his chin and tilting his forehead back.
- 17. Perform 6 to 10 abdominal thrusts.
- 18. Turn Bob on his side and hit him on the back 4 times.
- 19. Gently compress his upper abdomen.

Question E

After repositioning Bob's head you are able to give him two deep breaths. You check his pulse and find that it is present. You continue rescue breathing but you notice that his abdomen is becoming distended. You should now: (Select as MANY as you think are correct.)

- 20. Apply continuous pressure to his abdomen with one hand while continuing rescue breathing.
- 21. Decrease the force of your breaths slightly.
- 22. Gently compress his upper abdomen, then continue rescue breathing.
- 23. Perform a "tongue-jaw lift" and finger-sweep his mouth.
- 24. Reposition his head and elevate his chin.

When you have made your selection(s) do the next question.

Question F

You and Bob are still alone. After a few minutes of mouth-to-mouth, Bob starts breathing on his own, and he comes to. He says, "What happened to me?" What would you tell him? (Choose only ONE unless you are told to "Try again!")

- 25. Tell him you don't know, so he won't worry.
- 26. Tell him you think he got a shock that stopped his breathing, but that he is OK now.
- 27. Tell him that he passed out but he is OK now.
- 28. Tell him his heart stopped and he is lucky to be alive.

Question G

You and Bob are still alone. No one has responded to your shouts for help. Bob is weak and confused, but talking to you. He says his chest feels funny and he is cold. You take his pulse and find it to be fast, weak, and irregular. You know the other miners, including an EMT, are at the dinner hole, three entries over and four crosscuts outby. What would you do now? (Choose only ONE unless you are told to "Try again!")

- 29. Get Bob up and walk him down to the dinner hole.
- 30. Stay with him and wait until help comes.
- 31. Help make him comfortable, cover him with your jacket, and tell him to rest while you go for help.
- 32. Ask him to get up slowly. Tell him to take deep breaths, and to take a few steps.

Question H

It is a few days later. Bob was taken to the hospital. He recovered in two days and returned to work. Your prompt action may have saved his life.

At the next weekly safety meeting your foreman compliments you on your first aid. Later in the meeting he asks the following question. "Suppose that while you were eating lunch a miner stands up grasping her throat. You hear a high pitched crowing sound when she attempts to take a breath and she is not coughing. What should you do now? (Choose only ONE unless you are told to "Try again!")

- 33. Begin mouth-to-mouth rescue breathing.
- 34. Clear her throat with a finger sweep.
- 35. Do abdominal thrusts until the obstruction is expelled.
- 36. Do nothing until she begins to lose consciousness.
- 37. Strike her between the shoulder blades with the heel of your hand.

Scoring your performance

- 1. Count the total number of responses you colored in that were marked "Correct." Write this number in the first blank on the answer sheet.
- 2. Count the total number of incorrect responses you colored in. Subtract this number from 28. Write the difference in the second blank on the answer sheet.
- 3. Add the numbers on the first and second blanks. This is your score.

The best possible score of 37 results from selecting all the correct answers and no wrong answers. The worst possible score of zero results from selecting all the wrong answers and no correct answers.